



MARYPORT SETTLEMENT

Weekly Activities

Art Group – Monday – 1-3pm A self-help group. Everyone welcome. Materials available. Drop-in £3.00

Craft & Chat – Friday – 1-3pm A self-help group Bring along some craftwork and enjoy a good social session. Drop-in £2.50

Life Art - Usually Wednesday or Saturday mornings, 10-12pm. Life drawing or Portrait drawing. Ring John on 07742 579410 for more details

Ceramics – Friday and Wednesdays– 10-12noon. Places must be booked in advance £35 For a block of 6 sessions.

Man Shed – Mondays; Wednesdays & Fridays 10 till 3.30pm. Other times by arrangement.

As well as our own activities, other offerings include Yoga & Pilates. These are privately run so see our website for more information.

Other Activities

Family Games Night (ages 8+) – **1st Saturday of month** - 6-9pm – Drop in, £2* (Under 16s free with an adult) Come along for a fun evening of board and card games - play an old favourite, new favourite or something you've never played before! 07989 461644 for more details

Evening Talks – Usually on a Thursday. Look out for posters

Details of all our activities can be found on our website www.maryportsettlement.org.uk or scan this code

